



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35071, Seal, ringed, meat (Alaska Native)

Report Date: July 16, 2017 06:23 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water ¹ | g | 67.40 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Energy | kcal | 142 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Energy | kJ | 596 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Protein ¹ | g | 28.40 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Total lipid (fat) ¹ | g | 3.20 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Ash ¹ | g | 1.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca ¹ | mg | 5 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Fatty acids, total saturated ¹ | g | 0.820 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Fatty acids, total monounsaturated ¹ | g | 1.720 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Fatty acids, total polyunsaturated | g | 0.060 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| 18:2 undifferentiated ¹ | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| 18:3 undifferentiated ¹ | g | 0.050 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Cholesterol ¹ | mg | 90 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |

Sources of Data¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993